

Meal Pattern by the Week

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Breakfast

National School Lunch Program (NSLP) FIVE-DAY BREAKFAST MEAL PATTERN ¹

School Year 2016-17 (Effective July 1, 2016)						
Food Components	GRADES K-5		GRADES 6-8		GRADES 9-12	
	Daily	Weekly ²	Daily	Weekly ²	Daily	Weekly ²
Fluid Milk (cups) ³ <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	5	1	5	1	5
Fruits (cups) ⁴ <i>Fruit juice cannot exceed half of the weekly fruits</i>	1	5	1	5	1	5
Grains (ounce equivalents) ¹² <i>All grains must be whole grain-rich</i>	1	7-10	1	8-10	1	9-10

Note: Meat/meat alternate is optional!



Weekly Grains for Breakfast

- K-5: 7 oz equivalent
- 6-8: 8 oz equivalent
- 9-12: 9 oz equivalent



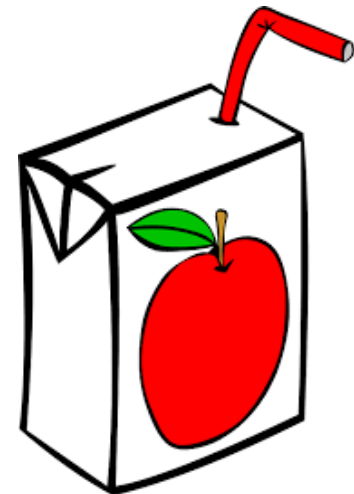
All grains must be whole grain rich!

INGREDIENTS: WHOLE WHEAT, ROLLED OATS, MILLED CORN, RICE, ROLLED BARLEY, SUGAR, FANCY MOLASSES, VEGETABLE OIL, SALT, BARLEY MALT SYRUP, HONEY, VITAMINS (THIAMIN HYDROCHLORIDE, NIACINAMIDE, d-CALCIUM PANTOTHENATE, PYRIDOXINE HYDROCHLORIDE, FOLIC ACID), MINERALS (IRON, ZINC OXIDE), SOY LECITHIN, BHT. **CONTAINS WHEAT AND SOY INGREDIENTS.**



Fruit Juice

- Cannot exceed half of the weekly fruit offerings
- Juice must be 100% full strength
- Fruit in smoothies count towards juice
 - Offer another fruit option with it



Vegetables at Breakfast

When offering starchy vegetables, at least 2 cups of vegetables from the other sub groups must be offered during the week.



Lunch

National School Lunch Program (NSLP) FIVE-DAY LUNCH MEAL PATTERN ¹

School Year 2016-17 (Effective July 1, 2016)

Food Components	GRADES K-5		GRADES 6-8		GRADES 9-12	
	Daily	Weekly ²	Daily	Weekly ²	Daily	Weekly ²
Fluid Milk (cups) ³ <i>Low-fat (1%) unflavored or fat-free unflavored or flavored</i>	1	5	1	5	1	5
Fruits (cups) ⁴ <i>Fruit juice cannot exceed half of the weekly fruits</i>	½	2 ½	½	2 ½	1	5
Vegetables (cups) ⁵ <i>Vegetable juice cannot exceed half of the weekly vegetables</i>	¾	3 ¾	¾	3 ¾	1	5
Dark Green ^{5, 6}	0	½	0	½	0	½
Red/Orange ^{5, 7}	0	¾	0	¾	0	1 ¼
Beans/Peas (Legumes) ^{5, 8}	0	½	0	½	0	½
Starchy ^{5, 9}	0	½	0	½	0	½
Other ^{5, 10}	0	½	0	½	0	¾
Additional vegetables to reach total ^{5, 11}	0	1	0	1	0	1 ½
Grains (ounce equivalents) ¹² <i>All grains must be whole grain-rich</i>	1	8-9	1	8-10	2	10-12
Meats and Meat Alternates (ounce equivalents) ¹³	1	8-10	1	9-10	2	10-12



Weekly Grains & Meat/Meat Alternates for Lunch

	K-5	6-8	9-12
Grains	8 ounces	8 ounces	10 ounces
Meat/Meat Alternates	8 ounces	9 ounces	10 ounces

Take smallest offering for each day
and add up for the week



Calculating Weekly Requirements

	Monday	Tuesday	Wednesday	Thursday	Friday
	Mac & cheese with a roll 2 Grains 1 M/MA	Super Sloppy Joe 2 Grains 2 M/MA	Meatball Submarine 2 Grains 1.5 M/MA	Cheese pan pizza 2 Grains 1.5 M/MA	French Toast Sticks Sausage Patty 1.75 Grains .75 M/MA
	Ham and cheese sandwich 2 Grains 1.75 M/MA	Turkey and cheese sandwich 2 Grains 1.5 M/MA	Bagel & Cream Cheese 2 Grains 0 M/MA	Peanut butter and jelly sandwich 2 Grains 1 M/MA	Grilled chicken sandwich 2 Grains 2 M/MA
Min	2 Grains 1 M/MA	2 Grains 1.5 M/MA	2 Grains 0 M/MA	2 Grain 1 M/MA	1.75 Grains .75 M/MA

Weekly Grain Minimum: 9.75 ounces
Weekly M/MA Minimum: 4.25 ounces



Calculating Weekly Requirements

	Monday	Tuesday	Wednesday	Thursday	Friday
	Mac & cheese with a roll 2 Grains 1 M/MA	Super Sloppy Joe 2 Grains 2 M/MA	Meatball Submarine 2 Grains 1.5 M/MA	Cheese pan pizza 2 Grains 1.5 M/MA	French Toast Sticks Sausage Patty 1.75 Grains .75 M/MA
	Ham and cheese sandwich 2 Grains 1.75 M/MA	Turkey and cheese sandwich 2 Grains 1.5 M/MA	Bagel & Cream Cheese 2 Grains 0 M/MA	Peanut butter and jelly sandwich 2 Grains 1 M/MA	Grilled chicken sandwich 2 Grains 2 M/MA
Min	2 Grains 1 M/MA	2 Grains 1.5 M/MA	2 Grains 0 M/MA	2 Grain 1 M/MA	1.75 Grains .75 M/MA



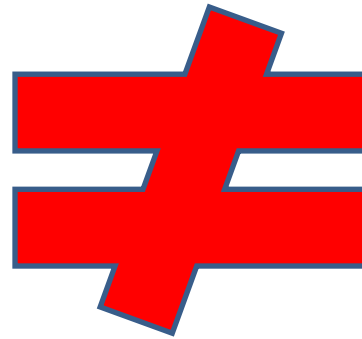
Weekly Grain Minimum: 9.75 ounces
Weekly M/MA Minimum: 4.25 ounces

Ounce Equivalents for M/MA

2 oz

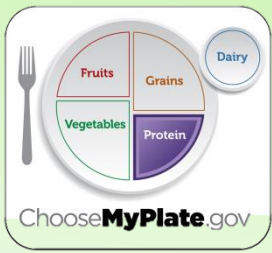


2 oz eq



2 oz





Ounce Equivalents



1 ounce equivalent

1 ounce cheese

2 Tbsp nut butter

1.6 oz deli turkey

1.2 oz deli ham

4 oz yogurt



Grain Ounce Equivalents

OZ Equivalency based on weight of creditable grains

(documented by a CN label on a
mixed dish OR product
formulation statement)

OZ Equivalency based on weight of product using

Exhibit A

(documented by a product label
and Exhibit A)



Exhibit A Grain Chart

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR SCHOOL MEAL PROGRAMS^{1,2}

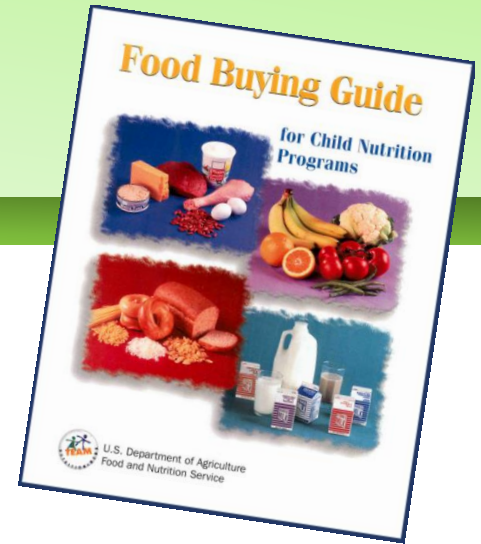
GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing. 	<ul style="list-style-type: none"> 1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> • Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (whole wheat or whole grain-rich) • Pizza crust • Pretzels (soft) • Rolls (whole wheat or whole grain-rich) • Tortillas (whole wheat or whole corn) • Tortilla chips (whole wheat or whole corn) • Taco shells (whole wheat or whole corn) 	<ul style="list-style-type: none"> 1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	<ul style="list-style-type: none"> 1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

¹ The following food quantities from Groups A-G, must contain at least 16 grams of whole-grain or can be made with 8 grams of whole-grain and 8 grams of enriched meal and/or enriched flour to be considered whole grain-rich.



Crediting Tools

- USDA Food Buying Guide
- USDA Foods Crediting Guide
- [Maine Child Nutrition YouTube videos](#)
- Maine Crediting Food Guide
- Exhibit A grain chart



Links to all of the above can be found on the Child Nutrition website!



Weekly Vegetable Subgroups

- **Dark Green:** broccoli, spinach, romaine
- **Red/Orange:** tomatoes, red peppers, carrots, sweet potato, winter squash, pumpkin
- **Beans/Legumes:** kidney beans, lentils, chickpeas, refried beans, hummus
- **Starchy:** white potato, corn, green peas
- **Other:** iceberg lettuce, green beans, onions



Vegetable Subgroups

VEGETABLE SUBGROUPS

The U.S. Department of Agriculture's (USDA) meal pattern for the National School Lunch Program (NSLP) includes five vegetable subgroups that count toward the daily and weekly vegetable requirements. These subgroups are based on the recommendations of the *Dietary Guidelines for Americans* and the [vegetables group](#) in Choose MyPlate. The chart below identifies some commonly eaten vegetables in each subgroup.

All vegetables credit based on volume except raw leafy greens count as half the volume served, and tomato paste and puree credit based on the volume as if reconstituted. For more information, see the USDA's *Food Buying Guide for School Meal Programs*. Vegetable juice must be pasteurized 100 percent full-strength juice and cannot exceed than half of the weekly vegetables.

DARK GREEN fresh, frozen and canned		RED/ORANGE fresh, frozen and canned	BEANS AND PEAS (LEGUMES)* Canned, frozen or cooked from dry	
<ul style="list-style-type: none">■ arugula■ beet greens■ bok choy■ broccoli■ broccoli rabe (rapini)■ broccolini■ butterhead lettuce (Boston, bibb)■ chicory■ cilantro■ collard greens■ endive■ escarole	<ul style="list-style-type: none">■ fiddle heads■ grape leaves■ kale■ mesclun■ mustard greens■ parsley■ spinach■ Swiss chard■ red leaf lettuce■ romaine■ lettuce■ turnip greens■ watercress	<ul style="list-style-type: none">■ acorn squash■ butternut squash■ carrots■ cherry peppers■ Hubbard squash■ orange peppers■ pimientos■ pumpkin■ red chili peppers■ red peppers■ salsa (all vegetables)■ sweet potatoes/yams■ tomatoes■ tomato juice■ winter squash	<ul style="list-style-type: none">■ black beans■ black-eyed peas (mature, dry)■ cowpeas■ edamame■ fava beans■ garbanzo beans (chickpeas)■ Great Northern beans■ kidney beans■ lentils■ lima beans, (mature, dry)	<ul style="list-style-type: none">■ mung beans■ navy beans■ pink beans■ pinto beans■ red beans■ refried beans■ soy beans (mature, dry)■ split peas■ white beans
		* Does not include green peas, green lima beans and green (string) beans		

STARCHY fresh, frozen and canned	OTHER fresh, frozen and canned		
<ul style="list-style-type: none">■ black-eyed peas, fresh (not dry)■ corn■ cassava■ cowpeas, fresh (not dry)■ field peas, fresh (not dry)■ green bananas■ green peas■ jicama■ lima beans, green (not dry)■ parsnips■ pigeon peas, fresh (not dry)■ plantains■ potatoes■ poi■ taro■ water chestnuts■ yautia (tannier)	<ul style="list-style-type: none">■ artichokes■ asparagus■ avocado■ bamboo shoots■ bean sprouts, cooked only (for food safety), e.g., alfalfa, mung■ beans, green and yellow■ beets■ breadfruit■ Brussels sprouts■ cabbage (green, red, celery, Napa)■ cactus (nopales)■ cauliflower■ celeriac■ celery■ chayote (mirliton)■ chives■ cucumbers	<ul style="list-style-type: none">■ daikon (oriental radish)■ eggplant■ fennel■ garlic■ green chili peppers■ green onions (scallions)■ green peppers■ horseradish■ iceberg lettuce■ kohlrabi■ leeks■ mushrooms■ okra■ olives■ onions (white, yellow, red)■ peas in pod, e.g., snap peas, snow peas■ pepperoncini■ pickles (cucumber)	<ul style="list-style-type: none">■ purple peppers■ radishes■ rhubarb■ rutabagas■ shallots■ sauerkraut■ seaweed■ snap peas■ snow peas■ spaghetti squash■ tomatillo■ turnips■ wax beans■ yellow peppers■ yellow summer squash■ zucchini squash

* Does not include green peas, green lima beans and green (string) beans



Subgroup Reminders

	K-8	9-12
Red/Orange	$\frac{3}{4}$ cup	1 $\frac{1}{4}$ cup
Other	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup



Lunch Menu Planning Tips

- Vegetable subgroups
 - 5 sub groups and 5 days of the week
 - Salad bar help meet all sub groups
- Plan 2/2 each day (all grades)
 - 2 ounce grain and 2 ounce M/MA
- Don't forget alternate choices
- Credit carefully



QUESTIONS????

